

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Tryptophan (g)

Food Groups: Legumes and Legume Products
Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: June 24, 2016 02:44 EDT

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16104	Bacon, meatless	144.0	1.0 cup	0.232
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.166
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.107
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.166
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.376
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.130
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.205
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.199
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.157
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.120
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.184
16005	Beans, baked, home prepared	253.0	1.0 cup	0.170
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.173
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.179
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.179
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.464
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.173
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.181
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.181
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.497
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.172
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.196
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.196
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.532
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.147
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.147
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.410
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.231

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.231
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.175
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.175
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0.474
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.161
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.184
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0.513
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	0.532
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.253
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.153
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.164
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.164
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.182
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.182
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0.491
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.198
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.198
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	0.552
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.236
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.182
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.182
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0.514
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.181
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.181
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0.521
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.216
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.134
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.122
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.122
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.168
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.185
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0.457
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.190

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16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.190
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	0.538
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.225
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.206
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.206
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.560
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.191
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.191
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.510
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.133
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.122
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.122
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0.370
16055	Carob flour	103.0	1.0 cup	0.049
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.175
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.175
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.115
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.115
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.139
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.139
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0.400
16059	Chili with beans, canned	256.0	1.0 cup	0.177
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.171
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.171
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	0.491
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.082
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.139
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.162
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.162
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0.484
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.023
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.114
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.009
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.132
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.132
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.418

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.160
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.160
16144	Lentils, pink or red, raw	192.0	1.0 cup	0.428
16069	Lentils, raw	192.0	1.0 cup	0.424
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.140
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.173
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.173
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.452
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.173
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.173
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.493
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.208
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.208
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0.520
16106	Meat extender	88.0	1.0 cup	0.505
16112	Miso	17.0	1.0 tbsp	0.026
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.103
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.071
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.081
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.080
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.057
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.088
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.088
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	0.288
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.154
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.154
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0.538
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.140
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.140
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.544
16113	Natto	175.0	1.0 cup	0.390
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.003
16130	Okara	122.0	1.0 cup	0.061
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.073
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.073
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.074

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.074
16099	Peanut flour, defatted	60.0	1.0 cup	0.304
16100	Peanut flour, low fat	60.0	1.0 cup	0.197
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.083
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.065
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.336
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.333
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.333
16087	Peanuts, all types, raw	28.35	1.0 oz	0.071
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.400
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.400
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.371
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.379
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.379
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.356
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.359
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.359
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.358
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0.542
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.182
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.182
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.111
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.111
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.435
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.155
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.140
16107	Sausage, meatless	25.0	1.0 link	0.070
16117	Soy flour, defatted	105.0	1.0 cup	0.717
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.422
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.430
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.797
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.237
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.237
16122	Soy protein isolate	28.35	1.0 oz	0.316
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.316
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.033

NDB_No	Description	Weight(g)	Measure	Tryptophan(g) Per Measure
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.015
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.000
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.416
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.416
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	0.535
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	1.099
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	0.881
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0.881
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.092
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.066
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.092
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.053
16114	Tempeh	166.0	1.0 cup	0.322
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.127
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.127
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.123
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.155
16129	Tofu, fried	28.35	1.0 oz	0.076
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.033
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.229
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.296
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.149
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.014
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.013
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.122
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.073
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.113
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.401
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.401
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.387
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.174
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.174
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	0.501
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.004